

Green Bean, Fennel & New Potato Curry

with Basmati Rice & Toasted Coconut Flakes

In parts of western India, coconut is widely used in dishes—the perfect, cooling complement to the heady spices often used in curries. Here, we're making a satisfying coconut milk-based curry filled with an array of fresh vegetables like petite, creamy new potatoes, sweet fennel and seasonal green beans. We're serving our curry with fragrant, lime-infused basmati rice, which absorbs all the rich flavors of the coconut milk and spices. Pan-toasted coconut flakes make for an elegant garnish with pleasantly crunchy contrast.

Blue Apron Wine Pairings

Le Pont Vers Le Bar Chinon, 2015

Sort This Out Muscat Canelli, 2014



Ingredients

½ Cup White Basmati Rice
1¾ Cups Coconut Milk
6 Ounces New Potatoes
5 Ounces Green Beans
3 Cloves Garlic
1 Fennel Bulb
1 Lime
1 Bunch Cilantro

Knick Knacks

1 1-Inch Piece Ginger
¼ Cup Dried Coconut Flakes
1 Tablespoon Curry Spice Blend
(Nigella Seed, Madras Curry Powder, Cumin Seed & Brown Mustard Seed)

Makes: 2 servings | **Calories:** about 760 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. Cut the potatoes into bite-sized wedges. Cut off and discard any fennel stems. Halve the fennel bulb lengthwise; cut out and discard the core, then small dice the bulb. Snap off and discard the stem ends of the green beans; cut into 2-inch pieces. Peel and mince the garlic and ginger. Pick the cilantro leaves off the stems; discard the stems.

2



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1 cup of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Stir in the **lime zest**.

3



Toast the coconut flakes:

While the rice cooks, heat a large, dry, high-sided pan (or pot) on medium until hot. Add the **coconut flakes** and toast, stirring occasionally, 3 to 5 minutes, or until golden brown and fragrant. Transfer to a plate. Wipe out the pan.

4



Brown the potatoes:

While the rice continues to cook, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes** and season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and tender.

5



Add the vegetables:

Add the **fennel** and **green beans** to the pan of potatoes; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **garlic**, **ginger** and **spice blend**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.

6



Finish the curry & plate your dish:

Add the **coconut milk** (shaking the can before opening) and **¼ cup of water** to the pan of vegetables; season with salt and pepper. Reduce the heat to medium and simmer, stirring occasionally, 6 to 8 minutes, or until slightly thickened. (Be careful not to boil the sauce, as the coconut milk may separate.) Turn off the heat and stir in the **juice of 2 lime wedges**; season with salt and pepper to taste. Divide the **cooked rice** and finished curry between 2 bowls. Garnish with the **toasted coconut flakes** and **cilantro**. Serve with the **remaining lime wedges** on the side. Enjoy!